

In-Season Phase 1

Day 1

A Trap Bar Deadlift

Week	Sets	Reps
1	5	5
2	5	5
3	3	3
4	5	1

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Push-up

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

B2 Bodyweight Chin-up

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

C KB Swing

Week	Sets	Reps
1	3	20
2	3	20
3	3	20
4	3	20

Set 1	Set 2	Set 3

In-Season Phase 1

Day 2

A Front Squat

Week	Sets	Reps
1	6	5
2	6	5
3	6	3
4	6	3

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1 Chin-up w/ 5 sec stretch-hang at the bottom (use external weight if you can)

Week	Sets	Reps
1	5	5
2	5	5
3	5	5
4	1	Max BW

Set 1	Set 2	Set 3	Set 4	Set 5

B2 3-Point Push-up

Week	Sets	Reps
1	3	6/side
2	3	8/side
3	3	10/side
4	3	12/side

Set 1	Set 2	Set 3

C Single Leg Hip Thrusters

Week	Sets	Reps
1	4	10/side
2	4	12/side
3	4	15/side
4	4	20/side

Set 1	Set 2	Set 3	Set 4